

12 Steps@Trinity



Less Think, More Love

May 26, 2022

Make use of what we offer...

...if not members of religious bodies we sometimes select and memorize a few sets of prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.

~Alcoholics Anonymous Pg. 87

To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all.

~Alcoholics Anonymous Pg. 46

12 Steps for All

1. We admitted that our lives had become unmanageable and uncontrollable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood that.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood that, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

12 Steps@Trinity

12-Step Spirituality is not a defined body of wisdom or particular collection of books and sayings. Indeed, the steps are rooted in a tradition much older and extending back millennia through the Judeo-Christian-Islamic religions. The Steps are now used by hundreds of different kinds of recovery groups and millions of people throughout the world. We could even say that 12-Step Spirituality is the combined knowledge and experience of all those who have used spiritual surrender and 12 Steps as a passage to recovery, and the things they have learned along the way. We are fortunate to include in our community many who have journeyed toward liberation with the 12 Steps and so we look to share what we have learned, as well as celebrate the presence of God in our midst.

A Centering Prayer

Let us pray together:

**Gracious and eternal God,
so draw our hearts to you,
so guide our minds,
so fill our imaginations,
so control our wills,
that we may be wholly yours,
utterly dedicated to you;
and then use us, we pray,
as you will, and always to your glory
and the welfare of your people;
through Jesus Christ, we pray. Amen.**

First Reading

If our approach to God rested on how much brain power we could summon, a lot of us would be in trouble. We can't think our way to God. We have to feel our way there. We have to need God so much, love God so much (or love the idea of God so much) that we just find ourselves in communion with God. It's our feelings that bring us there.

Our reaching out to God usually comes as a last resort. It's the result of finally realizing that everything else we've tried has failed to bring us peace of mind. It doesn't say much for our good sense that we have a tendency to approach God only when we're desperate, but then it isn't intellectual power that brings us to our knees. Let's face it, we need God, not in our head, but in our gut.

Hear the Spirit as it speaks to us.
Amen.

Musical Interlude

*12Steps@Trinity
is offered as
a worship
experience
rooted in the
spiritual
wisdom of the
twelve-steps,
which themselves
are rooted in the
ancient spiritual
exercises of
St. Ignatius.*

In God's Care

*The best part of
my mind links
me to others, and
to God.
In God's Care*

Second Reading

It's a bitter pill to swallow, but our intelligence only gets in the way when we're dealing with things that really count: our feelings and how we express them.

Love is the be-all and end-all. If we are capable of loving, we have nothing to worry about. If we're having trouble expressing our loving nature, our priority must be to remove the barriers. One of those barriers is our belief in the overriding importance of our intelligence.

Intelligence is like good looks; they are both unearned. And we can be sure that our Creator does not evaluate us on the basis of how intelligent we are. If we ask, God will help us overcome reliance on our intelligence and all other handicaps that keep us from expressing love.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**You, from whom we come
And to whom we go,
Unchanging love,
You give us time for change and growth
In this time of great change in my life,
please, give me courage to change and grow
and cheerfulness amidst growing-pain.
Let me take ever deeper roots in love
Make me faithful without clinging
And let me remain faithful in letting go.
Into your hands I lay my life
And the lives of all whom I love.
Amen.**

— Br. David
Steindl-Rast

Third Reading

All of us fear the unfamiliar at times; and it's nothing to be ashamed of to occasionally feel frightened by everyday events. We can still forget that God is always with us and, thus, allow fear to take over. We're learning in recovery, though, that we can empower ourselves through the magic of belief. Acting as if we feel that extra bit of courage and that we sense God's presence protecting us can dissipate our fears and bring us new confidence. In doing this, we will gradually come to know the inner resources God has given us. The more we acknowledge our courage, the more it becomes a working part of our life.

We often unnecessarily complicate matters by thinking we have to face things by ourselves. We forget that our spiritual program offers us ready relief from

the terror of feeling alone. God offers us the strength and courage to meet each challenge. We only have to accept.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

May I be happy.

May I be peaceful.

May I be free.

May my friends be happy.

May my friends be peaceful.

May my friends be free.

May my enemies be happy.

May my enemies be free.

May my enemies be peaceful.

May all beings be happy.

May all beings be peaceful.

May all beings be free.

Amen.

Musical Interlude

Reflection

The reflection seeks to be evocative not prescriptive, so there is no expectation that you will agree with the homilist. Instead, allow the reflection to lead you into your own contemplation and feel free to follow your own inner voice rather than remaining focused on what the homilist is saying. Sometimes our journeys converge and sometimes they diverge. Enjoy!

Meditation

The meditation will be a brief period of quiet to allow us to center and quiet the mind. Please feel free to participate with whatever method you prefer.

Reconciliation, Release, and Reclamations

A Thursday@7 tradition, you are invited to come forward and symbolically offer your prayer for the reconciliation of a fractured relationship, the release of a resentment, or the reclamation of lost hopes and dreams.

Shared Reflections

— Buddhist
Prayer

*My concept of
God evolves.
It changes
and grows as
I continue to
change and grow.
How wonderful it
is, for I now sense
a **Higher Power**
that is as alive as
I am! Never in my
life did I dream
of finding such a
source of serenity,
courage and
wisdom.
**Courage to
Change***

*People who
lean on logic
and philosophy
and rational
exposition end by
starving the best
part of the mind.
J.B. Yeats*

You can also get
there by scanning
this
QR code:



The Serenity Prayer

Let us pray together.

**God grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference;
living one day at a time;
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did, this sinful world as it is,
not as I would have it;
trusting that you will make all things right
if I surrender to your will;
that I may be reasonably happy in this life
and supremely happy with you in the next. Amen.**

The Peace

The earliest Christians shared a kiss or embrace as a sign of solidarity and reconciliation among those in spiritual community with one another. We continue that tradition with a common greeting:

**The Peace of the Lord be always with you.
And also with you.**

The Lord's Prayer

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
for ever and ever. Amen.**

Financial Support

Your financial support is not only a practical necessity. It can also be a very meaningful symbolic gesture, expressing your gratitude for all the blessings in your life and your hope for health in the world.

You can place cash or a check in the big blue urn at the head of the aisle or you can [donate online here](#), text TRINITYBUFFALO to 73256, or send a check to:

Trinity Episcopal Church, 371 Delaware Avenue, Buffalo, NY 14202
Thank you for your participation and contribution. Peace.

Eyewitness Bible: The Book of James

On **Wednesday evenings @7pm** Tim Lane and Jeffrey Tooke are facilitating *The Book of James* from the *Eyewitness Bible* series. We will explore the Book of James and look at the major themes found there by watching and discussing video monologues of eyewitness characters from the book.

On **Wednesday, June 1 @7pm**, we will explore James' discussion of wisdom, and we will look at the presence and role of wisdom in the early church and in our community today.

Join Tim and Jeff on Wednesdays @7pm using the Zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have any questions, email Jeffrey Tooke at jeffreytooke@outlook.com.

Trinity Rochester, Trinity Buffalo & Justice for Migrant Families

Justice for Migrant Families (JFMF) promotes justice for migrant families by providing support to individuals in the federal detention facility in Batavia and information and resources to families in the community. Are you interested in learning more about immigration in WNY, JFMF, and their work in Trinity Church? And meeting parishioners from Trinity Episcopal Rochester? Join us **June 4, 10am-3pm** at Trinity Episcopal Buffalo for an event that includes community gathering, speakers, a walking tour, lunch, and discussion.

WNY is an immigration hub, a Northern Border area that holds a federal immigrant detention center, two immigration courts, a federal court, US Immigration and Customs Enforcement (ICE) headquarters and US Citizenship and Immigration Services (USCIS). JFMF of WNY works with and for people impacted by immigration enforcement through direct support, advocacy and organizing. In this presentation, we will take a 30-minute walking tour around some immigration enforcement institutions in Buffalo, learn some of the context and history of local immigration issues, and hear about how immigration enforcement—prisons for immigrants, immigration courts, surveillance and check-ins—impact people in our communities. Esther and Carra Stratton of JFMF and Jim Morasco of Los Samaritanos will discuss immigration in our region and what you can do to support immigrants in your community! RSVP is required. Lunch will be provided, suggested donation \$30 to cover training; \$15 for lunch only for those who can cover it. Please email carra@jfmfwny.org or info@jfmfwny.org for more information and to RSVP.

Pride Parade

Sunday, June 5, Trinity will be marching in the Buffalo Pride Parade. It's been too long since we last marched down the streets of Buffalo for the Pride Week Parade. Well, the wait is over... we're thrilled to announce that the Parade is back, and this year's theme, "Homecoming," reflects our excitement to come together again as friends and allies. Join Trinity as we participate in the spirit of love and inclusivity.

Chris Cuccia will be holding our place in line at the Buffalo State College parking lot.

When you sign up to march, you will be given his phone number in case you have trouble finding him on the morning of the parade. Come represent Trinity and march! The parade steps off promptly at 11am and will travel down Elmwood Ave ending at Allen Street. Please [sign up here](#) or use the QR Code.

"What do you think of God," the teacher asked. After a pause, the younger pupil replied, "He's not a think, He's a feel."
Paul Frost



Volunteers Needed for Allentown

Join us in welcoming the return of Allentown Art Festival visitors to Trinity's beautiful historic and sacred space. We will greet and share conversation with visitors on June 11 and 12. For more information contact Patti Nisbet at tudorspace@aol.com.

Sign up with SignUpGenius (<https://www.signupgenius.com/go/70A0C4FAFA629A3F58-allentown1>) in 1-hour shifts. If you are able to volunteer for a 2 hour shift, that will also be very welcome!

Volunteers needed on either day:

Saturday, June 11 10am to 5pm

Sunday, June 12 noon to 5pm



Helping our Afghan neighbors

Trinity is collecting household items for Journey's End to distribute to Afghan evacuee families who have come to Buffalo. Since the families are setting up completely new lives, they need just about everything so the list is long. A short sample: sheets and blankets, pots and pans, cleaning materials, tea kettle, cutting board, etc. Please read the full list, which is available [online](#) and at the back of the chapel. You can bring your items on the next few Thursdays and leave in a corner. Let Matt know where they are. Thank you for your generosity!



Trinity Spaces for Rent

Our church has work spaces--large and small--available for rent at Trinity Center. We hope to rent to groups and individuals that share our vision of community betterment. If you know someone that would be a good fit, please share this QR code which links to <https://www.trinitybuffalo.org/trinity-center-rentals>.



Trinity @7 this Summer

Beginning next week, Trinity @7 will have a bi-monthly schedule. We will meet in person and on Zoom on the first and third Sunday of the month. Our dear friend George Caldwell will play piano for us while Krista takes a summer hiatus. He has a completely different and great style so come check out his music. We think you'll like it!

Visiting the Church

The church is open by appointment for private prayer or meditation. Contact our parish administrator, Colleen O'Neill, at coneill@trinitybuffalo.org to schedule an appointment.

12-Steps@7

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